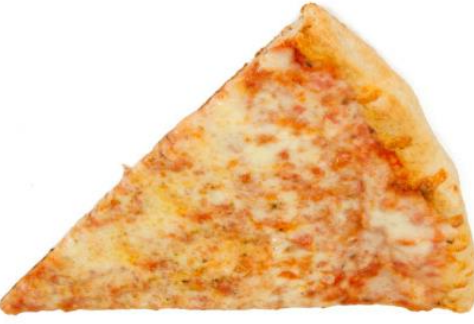






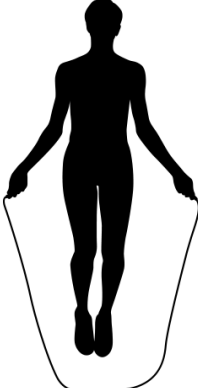




















Think Before You Eat!

A Slice of Cheese Pizza 273 Calories		=	 23 minutes  28 minutes	of basketball 
Fried Chicken Thigh & Leg 595 Calories		=	 33 minutes  42 minutes	of jump rope 
Medium French Fries 378 Calories		=	 30 minutes  37 minutes	of running 
Glazed Donut 255 Calories		=	 42 minutes  52 minutes	of biking 
20-ounce Soda 230 Calories		=	 35 minutes  44 minutes	of brisk walking 
Cheeseburger 380 Calories		=	 84 minutes  104 minutes	of dancing 

Figures above are for an average height and weight male and female over the age of 20.

Source: MayoClinic.org



NJ SNAP-Ed
NJ Supplemental Nutrition Assistance Program-Education
USDA, Food and Nutrition Service



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). To apply for SNAP, call or go to your local SNAP office. In NJ apply online at: www.NJHelps.org; or to learn more go to www.fns.usda.gov/fsp. USDA is an equal opportunity provider and employer.

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